

## **Abstract**

### **Title:**

Performance analysis of the development of the world record holder in the decathlon

### **Objectives:**

The main aim of our work is an attempt to analyze and evaluate development performance of the Czech decathlete Roman Šebrle, using a spreadsheet and graphical presentation during his twenty-year competition career.

### **Methods:**

In our work we are going to use the method of comparison and analysis. We'll always use comparison, when we comparing decathlon's performance with personal records in individual disciplines and also in comparing the three best decathlon's performance. We'll use analysis method, when we observe the performance and individual development decathlon disciplines since year 1992 to 2012.

### **Results:**

We find out that athlete's best performance was usually performed in a decathlon. The development analysis of performance was confirmed decathlon's versatility and composure. Performance of sprint disciplines increased until the world record and then fell down. In the jumping events Roman Šebrle maintain the long-term high performance in almost similar values and throwing disciplines. In contrast we noticed a gradual progression during the entire sports career also after the world record. The Roman Šebrle's strongest discipline was the long jump. The world record comes in 2001 at the age of 27 years.

### **Keywords:**

analysis, development, performance, efficiency, decathlon, Roman Sebrle